

# PRINCE GEORGE'S COUNTY SENIOR NUTRITION PROGRAM

## JUNE 2014

Monday	Tuesday	Wednesday	Thursday	Friday
6/02/14	6/03/14	6/04/14	6/05/14	6/06/14
APPLE JUICE SLICED TURKEY BREAST WITH GRAVY WHIPPED POTATOES GLAZED CARROTS WHEAT BREAD, MARG FRUIT COCKTAIL SKIM MILK COFFEE OR TEA	ORANGE JUICE ITALIAN SAUSAGE WITH ONIONS & PEPPERS BAKED BEANS SPINACH WHEAT HOT DOG BUN PINEAPPLE TIDBITS ORANGE JUICE SKIM MILK COFFEE OR TEA	GRAPE JUICE SALISBURY STEAK WITH ONION GRAVY SCALLOPED POTATOES BROCCOLI WHEAT ROLL WITH MARG. TROPICAL FRUIT SKIM MILK COFFEE OR TEA	APPLE JUICE TOMATO BASIL SOUP WITH CRACKERS CHICKEN SALAD KAISER ROLL MIXED GREEN SALAD WITH ITALIAN DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE POTATO CRUSTED POLLOCK LIMA BEANS GARDEN VEGETABLES WHEAT ROLL WITH MARG. TARTAR SAUCE APPLESAUCE SKIM MILK COFFEE OR TEA
6/09/14	6/10/14	6/11/14	6/12/14	6/13/14
PINEAPPLE JUICE BAKED MEATBALLS WITH MARINARA SAUCE AU GRATIN ROTINI ZUCCHINI SUB ROLL FRESH FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE VEGETABLE SOUP WITH CRACKERS SLICED TURKEY BREAST RYE BREAD, MUSTARD MACARONI SALAD FRESH FRUIT SKIM MILK COFFEE OR TEA	SANITATION TRAINING  ALL SITES CLOSED	ORANGE JUICE BAKED TILAPIA WITH OLD BAY CREAM SAUCE LIMA BEANS SLICED CARROTS WHEAT BREAD WITH MARG. FRESH FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE SLICED ROAST BEEF W/BROWN GRAVY WHIPPED POTATOES BRUSSEL SPROUTS BISCUIT WITH MARG. FRESH FRUIT SKIM MILK COFFEE OR TEA
6/16/14	6/17/14	6/18/14	6/19/14	6/20/14
CRANBERRY JUICE GRILLED CHICKEN BREAST WITH DIJON HERB SAUCE BAKED BEANS MIXED VEGETABLES WHEAT BREAD WITH MARGARINE FRESH FRUIT SKIM MILK COFFEE OR TEA	APPLE JUICE BAKED POTATO WITH DICED TURKEY & SHREDDED CHEESE SOUR CREAM & MARGARINE MIXED GREEN SALAD W/1000 ISLAND DRESSING CRACKERS FRESH FRUIT SKIM MILK COFFEE OR TEA	GRAPE JUICE PULLED PORK BBQ MINI CORN ON THE COB COLESLAW WHEAT HAMBURGER BUN FRUIT COCKTAIL SKIM MILK COFFEE OR TEA	ORANGE JUICE CREAM OF BROCCOLI SOUP WITH CRACKERS SLICED ROAST BEEF WHEAT BREAD, MAYO MIXED GREEN SALAD RANCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA	ORANGE JUICE OVEN FRIED CHICKEN THIGH MACARONI & CHEESE BROCCOLI WHEAT ROLL WITH MARGARINE APPLESAUCE SKIM MILK COFFEE OR TEA
6/23/14	6/24/14	6/25/14	6/26/14	6/27/14
GRAPE JUICE BEEF HOT DOG WITH CHILI BAKED BEANS COLESLAW WHEAT HOT DOG BUN PINEAPPLE TIDBITS SKIM MILK COFFEE OR TEA	APPLE JUICE STUFFED PEPPER WITH MEAT SAUCE SCALLOPED POTATOES DILLED CARROTS WHEAT BREAD WITH MARGARINE TROPICAL FRUIT SKIM MILK COFFEE OR TEA	CRANBERRY JUICE HAWAIIAN CHICKEN BREAST BLACK BEANS YELLOW SQUASH WHEAT ROLL WITH MARGARINE FRESH FRUIT SKIM MILK COFFEE OR TEA	ORANGE JUICE MEATLOAF WITH BROWN GRAVY MASHED POTATOES STEWED TOMATOES, CORN & OKRA WHEAT ROLL WITH MARGARINE APPLESAUCE SKIM MILK COFFEE OR TEA	CRANBERRY JUICE SPLIT PEA SOUP WITH CRACKERS SEAFOOD SALAD KAISER ROLL MIXED GREEN SALAD FRENCH DRESSING FRESH FRUIT SKIM MILK COFFEE OR TEA

MONDAY 6/30/14	TUESDAY 7/01/14	WEDNESDAY 7/02/14	THURSDAY 7/03/14	FRIDAY 7/04/14
APPLE JUICE TERIYAKI CHICKEN BROWN RICE JAPANESE VEGETABLES WHEAT BREAD WITH MARGARINE FRESH FRUIT SKIM MILK COFFEE OR TEA	MENU TO BE DETERMINED	MENU TO BE DETERMINED	MENU TO BE DETERMINED	JULY 4 <sup>TH</sup> HOLIDAY ALL SITES CLOSED

## Grilling for Good Health

It's grilling season and many of us are looking for new foods to grill instead of the typical griller items like hamburgers, hot dogs and chicken. Grilling is a great way to cook foods with minimal fat. This season, try grilling some fruits and vegetables you wouldn't have thought to grill:

- Sliced watermelon, mangos, peaches, bananas and pineapples
- Avocados cut in half, brushed with olive oil
- Eggplant with olive oil and lemon juice
- Portabella mushrooms
- Tomatoes for salsa or in a salad
- Romaine lettuce for a grilled salad